

Fall Fitness Football Challenge



Fall 2014 Incentive Program

The Game Plan

Description: The Fall Fitness Football Challenge is designed to enhance your health and fitness. The goal is to complete cardiovascular, resistance and flexibility exercises to gain yardage and advance down the field. Join the Wellness Center in our kickoff to health and wellness!

Program Length: 6 Weeks, (September 1-October 10)

Registration:

- Sign-up at the Wellness Center, [email](#) or call 305-375-5797.
- Teams of 2-4 players

How to Play:

- Starting at the goal line, you will begin performing cardio, resistance and flexibility exercises to gain yardage and progress down the field.
- Exercise categories include: *cardiovascular exercise, resistance training/core, and flexibility.*
- Each week, you will perform the minimal exercise requirements or beyond and record your time on your scorecard.
- At the beginning of each week you will receive a “Play of the Week” email from your coach describing opportunities to achieve additional bonus yardage.
 - Bonus activities must be completed within the week they are specified. There is only one activity per week and it can not be carried over into the following week.

How to earn weekly exercise yards:

- **1 yard** = 30 minutes of Cardiovascular Exercise
- **1 yard** = 30 minutes of Resistance & Core Training
- **2 yards** = 15 minutes of Flexibility & Stretching Exercises
- **3 yards** = ANY Group Exercise Class (regardless of time) *You can not “double dip” and count a group exercises class as both group exercise yards and other category yards

Players’ Responsibilities:

- Choose a team name.
- Keep track of the time you spend exercising each week and record the total time for each category on the Game Scorecard.
- Email your scorecard to us each week by **12:00 pm on Tuesdays** (You will receive an outlook calendar reminder to submit your scorecard by the deadline).

How to Win: The TOP 3 Teams with the most yards earned at the end of the 6-week program win the game and a victory prize.

Frequently Asked Questions:

- 1. Do I have to be a member of the Wellness Center to join the challenge?**
No, all County employees are able to join in on this fitness challenge.
- 2. If we register on the last day of registration, will we still be able to perform all of the weekly requirements?**
Absolutely; you should not have any difficulty performing the requirements. They are very minimal and you will be able to combine your times to reach the minimum required.
- 3. What constitutes as cardiovascular exercise?**
Exercises that keep your heart rate elevated over a sustained period of time. Examples; treadmill, bike, elliptical, Stairmaster, rowing machine, Versa Climber, jogging, walking, swimming, cycling, etc.
- 4. What constitutes as resistance training?**
The purpose of resistance training is to improve muscular strength and endurance by working your muscles against resistance. This includes utilizing resistance machines, free weights, your own body weight, etc.
- 5. What constitutes as flexibility training?**
Activities that lengthen muscles to improve the range of motion around a joint would be considered valuable flexibility exercises.
- 6. What is the maximum amount of exercise we can perform in one week?**
There is no maximum amount. To earn yardage you must perform at least the minimum amount of time described above but you will earn more yards the more exercise you perform.
- 7. What if we are unable to meet the program requirements for a specific week?**
Submit your scorecard, showing any of the components you were able to fulfill. Even if you only completed a small amount of exercise, you can earn some yardage and progress down the field. If you were unable to complete any of the components, you will not receive any points for that week.
- 8. What if I am traveling and miss an entire week?**
Submit your scorecard with any points you may have accumulated. If you are unable to fulfill any requirements, you will receive zero points for that week and will remain in the same location on the field. However, remember, the exercise you perform while traveling still counts!

Thank You,

Your Coaches
The Wellness Team
Raquel and Quentin